



## Bio-Balance Health Association Inc.

A non-profit organization dedicated to promoting effective techniques of biochemical treatment for mental and behavioural disorders

### President's Update

In February, there was another very successful Outreach Clinic in Australia conducted by Dr. William Walsh and the Health Research Institute – Pfeiffer Treatment Center (HRI-PTC) team. A number of medical practitioners received initial training in Pfeiffer assessment and treatment techniques, several who were previously trained returned for further training and more patients were able to have consultations with the PTC team. We are delighted to be able to contribute to the expansion of Dr. Walsh's work in Australia.

As in 2005, a Pfeiffer Conference was held in conjunction with the Outreach Clinic.

The Outreach Clinic and Conference were held in Sydney and co-ordinated by Marion Redstone, who is a member of Bio-Balance. Marion put in an extraordinary effort to ensure that this was an extremely successful Clinic. Her report on the Outreach Clinic and Conference are included in the Newsletter.

Marion also co-ordinated the HRI team's Australian visit with the International Summit for Mental Health organized by Bio Concepts, where Dr. Walsh and the other members of the HRI-PTC team were guest speakers.



Photograph Copyright  
Marion Redstone

Our Vice-President, Judy Nicol, attended the 3-day seminar and manned the Bio-Balance information booth. Judy has compiled a summary of the event, which we have included in our Newsletter.

Also in February this year, Bio-Balance was invited to make a presentation to the Senate Select Committee on Mental Health. John Skelton, our inaugural Vice President and founding member, had earlier made written submissions to the Committee on behalf of Bio-Balance. (The submissions are available online in PDF format – details in John's report). Following these submissions, 3 representatives of Bio-Balance (John Skelton, Judy Nicol and Dr. Richard Stuckey) were invited to meet the Committee and make a presentation. I am sure all our members will be interested in reading John's report "*Senate Select Committee on Mental Health – Bio-Balance Health Association submissions*".

Currently we are developing our website, and we look forward to having this up and running later in the year. We will include some useful links to other sites to help members with their own research.

We welcome all new members to Bio-Balance.

**Bruce Jeanes**

### Late Breaking News

**Dr. Bill Walsh named 2006 Orthomolecular Doctor of the Year at the 35<sup>th</sup> Annual International Nutritional Conference in Vancouver in April 2006**

### **Health Research Institute – Pfeiffer Treatment Center Team.**

**From Left to Right:  
Dr. Woody McGinnis MD, Consultant  
Dr. William Walsh PhD, Scientific Director  
Dr. Allen Lewis MD, Medical Director  
Suzanne Speckman RPh., Executive Director**

## Senate Select Committee on Mental Health - Bio-Balance submissions

John Skelton

In March 2005, the Senate set up a Select Committee to inquire into the provision of mental health services in Australia. The Committee's Terms of Reference are at: [http://www.aph.gov.au/Senate/committee/mentalhealth\\_ctte/tor.htm](http://www.aph.gov.au/Senate/committee/mentalhealth_ctte/tor.htm)

The Select Committee's first report is now available at [http://www.aph.gov.au/Senate/committee/mentalhealth\\_ctte/report/index.htm](http://www.aph.gov.au/Senate/committee/mentalhealth_ctte/report/index.htm)

A further report is to come. This should be available on the same website by the end of April.

Bio-Balance Health Association made three written submissions to the Inquiry. The full texts of these are to be found as Submission #378, 378A and 378B at [http://www.aph.gov.au/Senate/committee/mentalhealth\\_ctte/submissions/sublist.htm](http://www.aph.gov.au/Senate/committee/mentalhealth_ctte/submissions/sublist.htm)

Three Bio-Balance representatives (John Skelton, Judy Nicol and Dr Richard Stuckey) also appeared and gave verbal evidence in support of our written submissions at a Select Committee hearing on the Gold Coast on 2 February 2006.

The first Bio-Balance submission (#378) focused on the contribution that Pfeiffer complementary treatment techniques are capable of making to improving treatment outcomes for people with mental and behavioural disorders in Australia. It provided background information about the biochemical assessment and complementary nutritional supplement techniques involved and on follow-up studies carried out by the Health Research Institute on sample groups of patients with various mental and behavioural disorders treated at Pfeiffer Treatment Center in the USA.

The second submission (#378A), titled *There Must Be A Better Way*, focused on

- the severe shortcomings of present 'mainstream' treatment techniques
- the lack of systematic feedback concerning treatment outcomes in Australian mental health services despite clear evidence from many sources that current treatments are failing to produce significant improvement for most patients
- the need to incorporate objectively verifiable criteria of recovery or improvement in all mental health systems

- the urgent need to find more cost-effective and clinically effective treatments to overcome the present crisis in mental health
- **the contribution Pfeiffer treatment techniques could make to achieving this goal.**

The third submission (#378B) reports on the first systematic application of the Pfeiffer treatment protocols in Australia. It provides an analysis of treatment outcomes for the first twelve-month period for the first 80 patients treated using Pfeiffer protocols by Dr Richard Stuckey, the first Australian medical practitioner trained in Pfeiffer treatment techniques, together with illustrative case studies from this group of patients.

### Senate hearing

The following opening statement by the Bio-Balance representatives at the Senate Committee hearing on 2 February summarises the content of the Bio-Balance submissions:

"Australia's mental health services are clearly failing people with serious mental illnesses, with dire consequences for patients, families and the community. We are convinced that **there must be a better way**. We wish to bring to the Committee's attention the contribution Pfeiffer complementary treatment techniques are capable of making to significantly improve treatment outcomes for people with mental illnesses and behaviour disorders; and, more broadly, we wish to draw attention to the need for comprehensive review of Australia's mental health services in the light of **all** the available research evidence on causes and effective treatments.

"The assumption underlying the present mental health system is that drug treatments will make most mentally ill people well enough to live satisfactory lives in the community. The reality, demonstrated over several decades, is that mainstream psychiatric drug treatments have limited effectiveness and often have severe side-effects, but Australia's mental health services remain narrowly focused on pharmaceutical treatments that often fail to produce significant improvement.

"To quote John Nash, the Nobel Prize winner of *A Beautiful Mind* fame, from a recent interview published in *New Scientist* (18 December 2004) about his views on current treatments for schizophrenia:

“For mental illness, a person who is dependent on drugs and gets continued attention from psychiatrists is considered OK. I think the ideal could be higher. These people do not usually function on a level corresponding to the level on which they would have functioned before their mental illness. So a quite low level of function is accepted as being good treatment.”

“Only a small proportion of patients recover or show significant improvement, leaving most of them incapable of independent living and heavily dependent on support from family, friends or professional support workers. If support is not available or is rejected, the ill person is likely to end up back in hospital, on the streets, in jail - or dead. **Surely we can do better than this!**

“Bio-Balance Health Association was set up primarily to introduce to Australia the biochemical assessment and complementary nutritional treatment techniques developed in the USA by Dr Carl Pfeiffer and by Dr William Walsh at the Health Research Institute and its associated Pfeiffer Treatment Center. We consider that these techniques are capable of making a valuable contribution to the improvement of treatment outcomes for people with mental illnesses and behaviour disorders. Their effectiveness in significantly improving treatment outcomes in a high proportion of cases has been demonstrated in follow-up studies of sample groups from the 20,000 or so cases treated there as outpatients over the past 20 years. It is important to emphasize that these techniques are used to complement, rather than replace, psychiatric drug medications.

“Dr Walsh has trained several Australian medical practitioners in Pfeiffer assessment and treatment techniques during visits here in April 2004 and 2005 and more such visits are planned, including one this month (February 2006). The results of a 12-month follow-up study of Australian patients treated by Dr Richard Stuckey that was recently submitted to the Committee, indicate that these techniques are proving equally effective in Australia, despite an unfortunately high drop-out rate resulting primarily from the cost of prescribed nutritional supplements for families, many of whom have very limited financial resources.

“In our view, the continuing crisis in mental health warrants nothing less than a fundamental review of the structure and functioning of mental health services with the aim of optimizing their clinical and cost effectiveness, beginning with a critical examination of the theoretical basis on which they are constructed and the treatment methods used.

#### **We recommend specifically:**

- ❖ “That an Australian fact-finding group visit HRI-PTC in Chicago to study their research programs and Pfeiffer assessment and treatment methods; that, following this visit, selected medical practitioners in each State and Territory be trained in Pfeiffer biochemical assessment and nutritional therapy techniques; that pilot programs be introduced incorporating this type of complementary treatment along with currently conventional treatments for mental and behaviour disorders; and that treatment outcomes from these pilot programs be evaluated in comparison with outcomes from conventional treatment techniques alone.
- ❖ “That objectively verifiable criteria of progress towards recovery similar to those used in the King County reports quoted in our supplementary Submission 378A be incorporated in treatment outcome measurement procedures of all State and Territory mental health services and that annual reports on treatment effectiveness based on these procedures are made publicly available.
- ❖ “That additional research funds be provided to urgently commission comprehensive reviews of research findings in all major fields of mental health, beginning with the research evidence on the causes and treatment of schizophrenia reviewed in Harold Foster’s book *What Really Causes Schizophrenia*, much of which has been neglected or ignored by ‘mainstream’ researchers and practitioners.
- ❖ “That additional funds be provided by Commonwealth, State and Territory governments to adequately support current mental health services pending the introduction of more clinically effective and cost-effective treatment methods which should result from the comprehensive reviews we have recommended”.

**NOTE:** Copies of Bio-Balance submissions are available from the Bio-Balance office if you do not have access to Internet facilities.

#### **Bio-Balance Health Association Inc.**

**PO Box 7795 Gold Coast Mail Centre 4217 Qld**  
**Phone: 07 5538 7203 Fax: 07 5538 4599**  
**Email: [biobalance@optusnet.com.au](mailto:biobalance@optusnet.com.au)**

**Report on Bio Concepts Seminar**  
**Judy Nicol**  
**International Summit for Mental Health**  
**– An Integrative Approach**  
**Sydney, 3 – 5 February 2006**

**This conference coincided with the visit to Sydney by the Pfeiffer team to conduct the second Australian Pfeiffer Outreach Clinic. The members of the Pfeiffer team were guest speakers at the conference, which was attended by about 400 health professionals from Australia and overseas, including some 70 medical practitioners as well as naturopaths, nurses and clinical nutritionists.**

Dr William Walsh, founder and Chief Scientist at the Health Research Institute and Pfeiffer Treatment Center (HRI-PTC) was the keynote speaker. He gave two addresses, titled *Nutritional Support for Schizophrenia and Bipolar Disorder* and *Nutrient Therapy for ADHD, Behaviour Disorders, Autism and Depression*.

#### **Schizophrenia & Bipolar Disorder**

Dr Walsh's first lecture provided an overview of the main features of Pfeiffer protocols for assessment and complementary biochemical (nutrient) support for these disorders and the research on which they are based.

He outlined earlier research based on laboratory analyses of 20,000 patients with psychotic disorders by the late Dr Carl Pfeiffer, who identified three major biochemical types of psychosis that account for some 90% of these disorders. This has provided the basis for the subsequent work at HRI that has studied treatment outcomes for representative samples of the 3,500 patients with psychotic disorders treated by PTC.

He described the biochemical characteristics, symptoms, nutrient therapy and typical recovery schedules for the major biochemical types and reported that outcome studies with large groups of consecutive patients had indicated significant improvement in 75% of cases with schizophrenia and 68% of cases with bipolar disorder. He emphasized that biochemical (nutrient) therapy is in harmony with counseling and medication, often enabling improved outcomes, lower medication doses and reduced side-effects.

#### **ADHD & other Behaviour Disorders**

In his second lecture, Dr Walsh described the origins of PTC in research by Dr Carl Pfeiffer and himself on the biochemical and metabolic characteristics of violent and non-violent adult and childhood behaviour

disorders, which identified four major bio-types in people with behaviour disorders. This work has provided the basis for subsequent research with behaviour-disordered children and adults treated at PTC since 1989. PTC now has the world's largest chemistry database for behaviour disordered and delinquent populations, comprising more than 1.5 million chemical analyses of blood, urine and hair for over 10,000 behaviour-disordered persons.

He outlined the high-incidence biochemical imbalances found in each of the major behaviour disorders (Oppositional Defiant Disorder, Conduct Disorder, Episodic Rage Disorder, Antisocial Personality Disorder and ADHD) and the individualized nutrient therapy relevant to each of the underlying bio-types.

In a published study of 207 assaultive and disruptive behaviour-disordered children and adults at PTC, some 90% of compliant subjects were either symptom-free or significantly improved following nutrient therapy (23% refused or stopped treatment early). [See page 8 of this Newsletter for the abstract of this published study.]

#### **Depression**

HRI research has identified five phenotypical patterns prevalent in the 3,200 patients with depression treated at PTC. Dr Walsh outlined the biochemical imbalances characterizing each of these phenotypes and the individualized nutrient therapy relevant to each phenotype. Follow-up studies have indicated that some 80% of patients treated for depression by PTC show significant improvement.

#### **Autism**

Dr Walsh detailed the high incidence biochemical imbalances identified among the 4,200 autism spectrum disorder patients treated to date by PTC. He discussed the primary challenge that treatment presents and outlined a strategy for enhanced cognition, speech and socialization designed to treat these disorders. This includes:

- Elimination of excessive oxidative stress
- Normalisation of blood-brain barrier
- Behavioural therapy to stimulate development of brain cells and synaptic connections
- Metallothiolen (MT) Promotion Therapy to enhance maturation of the brain.

He stressed the unique importance of MT Promotion Therapy developed by HRI-PTC, which is directly aimed at development of brain cells and new synaptic connections; has the potential for permanently correcting the intestinal and blood-brain barriers; and restores a key antioxidant system.

Dr Allen Lewis, Medical Director at PTC spoke about biochemical aspects of autism in greater detail in a lecture titled *Using a Biochemical Model to Better Understand and Treat Autism*.

Dr Woody McGinnis, the other member of the Pfeiffer Outreach Clinic team, gave an extremely informative lecture on *Oxidative Stress in Disordered Behaviour and Cognition*, with particular emphasis on autism, ADHD and schizophrenia. He explained in some detail the nature of oxidative stress, the crucial role the complex biochemical processes involved in oxidative stress play in these disorders and the importance of biochemical assessment and appropriate nutrient therapy in combating the effects of oxidative stress.

Information about Dr Richard Stuckey's lecture *12 Months with Pfeiffer* is covered in the article on Bio-Balance submissions to the Senate Select Committee on Mental Health in this Newsletter.

Among the other interesting and stimulating papers delivered at the Conference were: a comprehensive survey of *Drugs in Mental Health – Interactions and Nutritional Alternatives* by Henry Osiecki; and *Essential Fatty Acids and Cognitive Function* by Dr Douglas Mackay.

For information about the other lectures given at the Conference and contact details for obtaining conference notes and CDs, see:  
<http://www.bioconcepts.com.au/summit/programme.php>  
 or email [info@bioconcepts.com.au](mailto:info@bioconcepts.com.au)



## Pfeiffer Outreach Clinic & Conference – Sydney, February 2006

The Pfeiffer Sydney Outreach Clinic 2006 commenced on Monday 6<sup>th</sup> February at the Sheraton on the Park Hotel, Sydney and ran for seven working days of patient assessments and consultations, while at night there were three intensive training sessions for participating medical practitioners.

These medical practitioners acquired hands-on experience in assessing and applying Pfeiffer nutrient therapy protocols for patients with autistic, mental and behavioural disorders under the direction of the Pfeiffer experts - Bill Walsh PhD, Allen Lewis MD and Woody McGinnis MD.

The cost of the consultation was \$A900 per patient. Although this fee sounds expensive and is not recoverable on Medicare, assessment by the Pfeiffer experts provides a unique opportunity not to be missed. The only other way to be assessed by a Pfeiffer expert is to fly to the USA, involving the outlay of thousands of dollars on airfares, accommodation and US testing costs, plus the unfavourable exchange rate of the US dollar. This would work out to be considerably more expensive for the patient and family carers than being assessed at the Pfeiffer Sydney Outreach Clinic.

The testing, carried out prior to the Outreach Clinic involves blood, urine and hair analysis tests. Most of the cost of the blood tests is recoverable on Medicare but the urine and hair analysis costs are not recoverable. However, the out of pocket costs for these are not large.

The assessment process is highly complex, involving the analysis and integration of information from some 90 individual biochemical measurements derived from the testing together with patient history data. This is why it takes some six months at the Pfeiffer Clinic in the USA to fully train a doctor in all aspects of assessment and application of the Pfeiffer protocols.

It is imperative that we encourage and support the Pfeiffer Sydney Outreach visits each year, as nothing else like this is available in Australia or elsewhere outside the USA.

Forty patients with mental and behaviour disorders were assessed by Bill Walsh, 38 autism patients by Allen Lewis and 51 autism patients by Woody McGinnis, along with the doctors being trained, making a total of 129 patients assessed at the Pfeiffer Sydney Outreach Clinic. This was a substantial increase on the first Outreach Clinic in 2005.

There was a very large increase in the number of prescriptions dispensed by HRI (Pfeiffer Compounding) Pharmacy at the 2006 Outreach Clinic. This was due to the comparable prices and the outstanding quality of HRI Pharmacy products. HRI-Pfeiffer has also gone to considerable lengths to ensure fast turn-around in compounding and freight-free delivery of compounded supplements.

The number of doctors trained at the Pfeiffer Sydney Outreach Clinic increased from nine in 2005 to 16 in 2006, including six overseas doctors (one from Japan, one from Ireland, and four from New Zealand). These overseas doctors were impressed with the Outreach Clinic experience and went back to their respective countries very satisfied with the training they received.

The New Zealand doctors brought over a number of their respective clients for assessment at the Pfeiffer Sydney Outreach Clinic. Some of these clients have already booked in for next year (2007).

It is evident from the attendance of doctors from Japan, Ireland and New Zealand at this year's Pfeiffer Sydney Outreach Clinic that we can attract doctors on an international level, especially from the South Pacific and Asia.

The synergistic combination of Bill Walsh, Allen Lewis and Woody McGinnis along with Suzanne Speckman (Executive Director, HRI-Pfeiffer) was extremely successful. The Pfeiffer doctors along with Woody McGinnis received much praise from the patients and carers who attended the Outreach Clinic. It was uplifting to see how happy they were as they came out from their consultations. Many had received answers to problems that they thought were not treatable.

A number of 2005 Sydney Outreach Clinic patients were so keen to return this year that they came without their own doctors and had other doctors sit in on their consultations.

### **Pfeiffer Sydney Outreach Conference**

The Conference took place on Saturday 11<sup>th</sup> February 2006, commencing at 7.30pm and finishing around 11.30pm.

Dr Bill Walsh, Dr Allen Lewis, Dr Woody McGinnis and Suzanne Speckman spoke at length on topics similar to those covered in their lectures at the BioConcepts seminar (see pages 4 & 5 above). There were also four speakers who told their personal stories: two were mothers of children with autism, one was a mother of a child with multiple diagnoses and one was an adult

patient diagnosed with bipolar disorder who changed so dramatically on the Pfeiffer protocol that she is now able to hold down a full time job for the first time in ten years.

Refreshments were served and everyone had a great time and thoroughly enjoyed the Conference.

We look forward to moving ahead and organizing an even better Pfeiffer Sydney Outreach visit next year (2007).

The DVD's of this conference are now on sale for \$20.00 plus \$4.00 postage (\$6.00 for New Zealand). Please e-mail [redmike@bigpond.com](mailto:redmike@bigpond.com) or phone 02 9799 1667 for an order form.

The Pfeiffer Sydney Outreach Clinic again received exceptional support from the Sheraton on the Park Hotel management, who appreciate what we are doing to help people with mental, behavioural and autistic disorders in Australia.

**Marion Redstone**  
Pfeiffer Sydney Outreach Organiser

### **SURFING THE WEB**

Some valuable websites to get you started:

<http://www.hriptc.org/>

Health Research Institute – Pfeiffer Treatment Center. Provides detailed information about Pfeiffer treatment techniques and the HRI research that supports them, plus useful website links and reading lists.

[www.alternativementalhealth.com](http://www.alternativementalhealth.com)

The Safe Harbor Project

This site presents a directory, a database of resources, articles on aspects of mental health and mental and behavioural disorders, an excellent monthly e-newsletter, email groups and CDs of talks from the Safe Harbor Non-Pharma Conferences. Commentary by Dr William Walsh (Chief Scientist, HRI-PTC) on nutritional treatment of mental disorders, go to: <http://www.alternativementalhealth.com/articles/walsh>

<http://www.nutritional-healing.com.au/>

An Australian site that presents, in clear and well-structured form, information on nutritional treatment of mental and behavioural disorders, much of it based on HRI research and Pfeiffer treatment techniques. Many articles on these topics, an e-newsletter, research news items and website links.

## Health Research Institute Pharmacy

### A reliable source for high purity, high quality nutritional supplements

HRI Pharmacy was established in 1995 as a result of problems with patient compliance. Because many Pfeiffer patients – particularly children – were experiencing difficulty in swallowing many separate nutrient supplements at a time, it was decided to provide facilities for compounding nutrients on an individual basis into the smallest number of capsules possible in each case. This has resulted in greatly improved compliance with treatment.

Two qualified pharmacists and 24 licensed technicians staff the Pharmacy. It is affiliated with Midwestern University, which attaches pharmacy students to HRI Pharmacy on a rotational basis for training in compounding techniques.

#### Quality Control

The Pharmacy is meticulous in ensuring the highest purity and quality of the compounded supplements supplied – a crucial factor in maintaining the effectiveness of Pfeiffer treatment. Every effort is made to ensure the highest quality of raw materials, a scrupulously clean compounding room, hygienic machinery and a controlled atmosphere throughout the pharmacy.

Capsuling machinery is cleaned after completing each order and taken apart and cleaned daily. A triple check system is in place to ensure that each patient gets the right capsules in the right bottles. The pharmacy is temperature controlled for stability, sunlight is excluded and refrigerators are monitored daily for temperature stability.

Raw materials are purchased only from companies that take strict measures to ensure only high quality materials are supplied. The suppliers quarantine raw materials when received and test for the presence of toxic heavy metals. They then subject the materials to high-pressure liquid chromatography testing to ensure that the product or nutrient is exactly what it purports to be. Phytochemical (plant-based) materials are tested to ensure that the active product is present in the required potency.

#### Price and delivery time

HRI Pharmacy supplies compounded supplements to Australian patients post-free with minimal time delay at prices that compare very favourably with those from an alternative source in Australia. MT Primer and Promoter and other manufactured supplements

prescribed by Pfeiffer-trained medical practitioners are also delivered post-free by HRI Pharmacy if ordered at the same time as compounded supplements.

#### MT Primer and Promoter

Dr William Walsh, Scientific Director of HRI-PTC, developed these supplements to meet specific needs of many Pfeiffer patients with mental, behavioural and autistic disorders. All profits from the sale of these supplements through HRI Pharmacy go to support further research by HRI and to assist patients to access Pfeiffer Treatment Center who would otherwise be unable to do so because of lack of funds.

HRI Pharmacy does not manufacture these products, however, because the pharmacy is licensed only to compound nutrient supplements on an individual basis but not for manufacturing products in quantity. MT Primer and Promoter are manufactured for HRI Pharmacy by a laboratory in Houston, Texas that has raw materials testing and quality control standards similar to those described above.

MT Primer and Promoter are currently being manufactured by another laboratory in Australia. As a result of complaints about these by some Australian families, HRI-PTC arranged for independent comparative testing on a 'blinded' basis of MT Primer and Promoter product samples from the Houston laboratory and the Australian laboratory. The report indicated that the Australian laboratory's product contained

- 120% more lead
- 40% more mercury
- 40% more copper
- 35% more cadmium

than the product from the Houston laboratory. Such metal levels are potentially damaging to chemically sensitive patients.

[NOTE: It is impossible to avoid trace amounts of these metals, even in the most sterile of conditions. The Houston Laboratory product contains minimal amounts of these contaminants.]

[Information based on a talk by Suzanne Speckman RPh, Executive Director HRI-PTC, at Pfeiffer Sydney Outreach Conference, 11 February 2006]

#### **Bio-Balance comment**

*In the light of the above information, we recommend that compounded supplements, MT Primer and Promoter and other manufactured supplement products be ordered from HRI Pharmacy, at least until other products have been shown to reach the same high standards.*

## **Argonne researchers confirm lead as cause of Beethoven's illness**

ARGONNE, Ill. (December 6, 2005) - Researchers at the U.S. Department of Energy's Argonne National Laboratory have found elevated amounts of lead in bone fragments belonging to 19th Century composer Ludwig von Beethoven, consistent with their earlier finding of massive amounts of lead found in his hair. These results confirm the cause of his years of chronic debilitating illness.

The bone fragments, confirmed by DNA testing to have come from Beethoven's body, were scanned by X-rays from the Advanced Photon Source at Argonne, which provides the most brilliant X-rays in the Western Hemisphere. A control bone fragment sample from the same historic period was also examined. Both bone fragments were from the parietal section - the top - of the skull.

"The testing indicated large amounts of lead in the Beethoven bone sample, compared to the control," said Bill Walsh, chief scientist at the Pfeiffer Treatment Center in Warrenville, Ill., and director of the Beethoven Research Project.

The bone fragment is the property of Paul Kaufman, a California businessman who inherited the relics through other family members from his great-great uncle, an Austrian doctor. Not sure if the fragment was actually from the composer, Kaufman sent it to the University of Muenster in Germany for mitochondrial DNA comparison with the samples of Beethoven's hair, owned by the Beethoven Society and also analysed by Walsh and his colleagues at the Advanced Photon Source.

The findings confirm the earlier work done on the hair samples. In addition, the researchers found no detectable levels of either cadmium or mercury - both considered possibilities for causing Beethoven's illness - in either the bone fragment or the hair.

"The finding of elevated lead in Beethoven's skull, along with DNA results indicating authenticity of the bone/hair relics, provides solid evidence that Beethoven suffered from a toxic overload of lead," Walsh said. "In addition, the presence of lead in the skull suggests that his exposure to lead was not a recent event, but may have been present for many years." The half-life of lead in the human body is about 22 years, with 95 percent of "old" lead residing in the skeletal structure. Beethoven experienced a change of personality and abdominal illness in his late teens and early 20s that persisted throughout his adult life. His abdominal symptoms and autopsy findings are both consistent with lead poisoning, Walsh said.

"Beethoven saw physician after physician in search of a cure for his physical ailments," said Walsh. In fact, in a letter to a friend, he expressed the wish that after his death, researchers would use his remains to help determine the cause of his illness so that others would not have to suffer as he did. "Beethoven suffered from bad digestion, chronic abdominal pain, irritability and depression. Since he died in 1827 at age 57, there has been much speculation but no proof of the cause of his illnesses and death."

[See <http://www.hriptc.org> for full report]

## **Reduced violent behaviour following biochemical therapy**

William Walsh, Laura Glab & Mary Haakenson  
Pfeiffer Treatment Center, Warrenville IL USA  
*Physiology & Behavior* 2004; 82(5): 835-839

### **Abstract**

We conducted an outcome study to measure the effectiveness of biochemical therapy for 207 consecutive patients presenting with a diagnosed behavior disorder. The treatment protocols were based on clinical evaluation and our past experience in the treatment of 8000 patients with behavior disorders at the Pfeiffer Treatment Center (PTC) over a 10-year period. Each test subject was screened for chemical imbalances previously found in high incidence in this population, including metal-metabolism disorders, methylation abnormalities, disordered pyrrole chemistry, heavy-metal overload, glucose dyscontrol, and malabsorption. The clinical procedure included a medical history, assay of 90 biochemical factors, and a physical examination. Standardized treatment protocols were applied for each imbalance that was identified. The frequencies of physical assaults and destructive episodes were determined using a standardized behavior scale before and after treatment, with follow-up ranging from 4 to 8 months.

**Results:** Seventy-six percent of the test subjects achieved compliance during the treatment period. The remaining 24% were reported to have discontinued the therapy. A reduced frequency of assaults was reported by 92% of the compliant assaultive patients, with 58% achieving elimination of the behavior. A total of 88% of compliant destructive patients exhibited a reduced frequency of destructive incidents and 53% achieved elimination of the behavior. Statistical significance was found for reduced frequency of assaults ( $t = 7.74$ ,  $p < 0.001$ ) and destructive incidents ( $t = 8.77$ ,  $p < 0.001$ ). The results of this outcome study strongly suggest that individualized biochemical therapy may be efficacious achieving behavioral improvements in this patient population.



**Bio-Balance Health Association Inc.  
Application Form for Membership**

**Bio-Balance Background – Brief Overview**

Since its formation the Bio-Balance Health Association has moved to establish a means to treat patients suffering from behavioural disorders and mental illnesses such as schizophrenia and bi-polar disorder, depression, autism, ADD/ADHD and learning disorders based on technologies developed by the Health Research Institute-Pfeiffer Treatment Center (HRI-PTC).

HRI-PTC research centre and outpatient treatment clinic in Chicago, Illinois, USA since 1989, has demonstrated a high level of effectiveness in treating these disorders by assessing each patient's body chemistry imbalances and prescribing an individualised nutritional supplement program to balance the body chemistry.

Bio-Balance's efforts resulted in Dr. William Walsh PhD – Chief Scientist and Director of HRI-PTC visiting Australia in 2004 and again in 2005 to train some Australian medical practitioners and to address public and practitioner meetings in Sydney, Brisbane and on the Gold Coast. Further visits are planned.

Further details on HRI-PTC and Dr. William Walsh PhD can be found on their website at [www.hripte.org](http://www.hripte.org)

**Membership of Bio-Balance gives you:**

- Information on forthcoming visits to Australia by Dr. Walsh and the HRI-PTC Outreach Clinic
- A Newsletter keeping members up to date on items of interest
- An internet chat/messaging site where you can talk to other members
- A range of library books
- Links to web sites of interest

Annual Membership is \$5 for 12 months and all member information is strictly confidential.

For further information please contact Bio-Balance on

Phone 0755 387203  
 Fax 0755 384599  
 Email [biobalance@optusnet.com.au](mailto:biobalance@optusnet.com.au)

Or write to

Bio-Balance Health Association Inc  
 PO Box 7795 Gold Coast Mail Centre  
 Qld 4217





**MEMBERSHIP APPLICATION FORM**

**Bio-Balance Health Association Inc.**

**PO Box 7795 GCMC 4217**

0755 387203 fx 0755 384599 email [biobalance@optusnet.com.au](mailto:biobalance@optusnet.com.au)

To join or renew your Bio-Balance Health Association membership please return completed form to:

**Bio Balance Health Association, PO Box 7795, Gold Coast Mail Centre, Qld, 4217**

**Membership is for 12 months.**

**Annual Membership Fee is \$5.00 (including GST)**

**New Membership**

**Renewal**

**Date:**.....

**Name:** .....

**Address:**.....

.....**PostCode:**.....

**Phone:**.....**Fax:**.....**email:**.....

<b>Membership Fee Enclosed</b>	\$.....
<b>Donation</b>	\$.....
<b>Total</b>	\$.....

Donations of \$2 and over are tax deductible.

# *Bio-Balance Newsletter*

*April 2006*

If any of our members would like to make a contribution to our Newsletter  
– please contact Bio-Balance office

Phone 0755 387203

fax 0755 384599

email [biobalance@optusnet.com.au](mailto:biobalance@optusnet.com.au)