

**WALSH RESEARCH INSTITUTE  
SYDNEY OUTREACH CLINIC  
Patient Assessment & Treatment Program  
2<sup>nd</sup> May – 11<sup>th</sup> May 2010**

**Dr William Walsh PhD      Dr Mary N Megson MD  
Dr. James A Neubrandner MD      Dr Albert Mensah MD**  
For full details see Brochure attached to Newsletter

**Bookings presently available for patients with**  
*Behavioural disorders*  
*Learning & attention disorders*  
*Autism spectrum disorders*  
*Depression*  
*Post-natal depression*  
*Schizophrenia*  
*Bipolar disorder*  
*Alzheimer's Disease*

**Bookings should be made as soon as possible  
so prior testing, medical examination and lab results can be completed**

**Information and Bookings: Marnie Lo – Outreach Co-ordinator**  
**Phone: 02 80143295      E-mail: [marnielo@aapt.net.au](mailto:marnielo@aapt.net.au)**

**Payments: Bio-Balance office      Phone: 07 55157 142**

**SYDNEY OUTREACH CONFERENCE  
Saturday 8<sup>th</sup> May 2010**

**Dr Mary Megson      Dr William Walsh  
Dr James Neubrandner      Dr Albert Mensah**

**RYDGES WORLD SQUARE HOTEL**

## From the President:

Another successful Outreach Clinic and Conference have taken place this year and I would like to thank all those involved: Dr Bill Walsh and his US instructional team; the Australian doctors and the doctors from the Philippines who attended the training; the many behind the scenes helpers; and our Bio-Balance team: Bruce Jeanes, Marnie Lo, Margaret Harms, John Skelton and Mike Redstone.

Bio-Balance Health Association is a unique organization in that it covers both adult and child mental health and autism. It enables us to see synergies from one area that may benefit another, such as the "mauve factor" research by

Dr. Woody McGinnis that took an idea originally used in schizophrenia and applied it to autism with very positive results. Similarly, Dr Neubrandner's work with Methyl B 12 and hyperbaric oxygen in autism may be applicable in schizophrenia: Dr Neubrandner is going back to America to see if he can set up a trial to look into that possibility.

It has been very rewarding for all of us to see many children and adults making steps to recovery – sometimes small and sometimes large -- and to know that we have sown seeds of hope in many families.

**Judy Nicol**

## **REPORT ON 2009 WALSH RESEARCH INSTITUTE SYDNEY OUTREACH**

At 6.30pm on Tuesday 5<sup>th</sup> May, the last of 169 patients and the last of 27 Australian doctors left and Dr. Walsh, Dr. Megson and Dr. Neubrandner departed for the USA.

The 2009 Outreach Physician Training and Patient Assessment and the Conference were a great success due to the hard work of the Bio-Balance team - Marnie Lo, Margaret Harms, Bruce Jeanes, John Skelton, Mike Redstone and Judy Nicol - over the months leading up to and during the events.

### **Physician Training & Patient Assessment**

Every patient arrived on time, 99% came away from their consultation with a plan to take them on the next step towards recovery and 99% came out from the consultation with a smile at the thought of finding something constructive they can do.

It was Dr Neubrandner's first trip to Australia. He was greatly impressed by the dedication of our autistic parents and the skill of our doctors and was delighted that so many benefited by his special Methyl B 12 injections. The poems of one of his older patients are going to be put on display in his office in New Jersey. These poems will be featured on our website under Testimonials because they give such a wonderful insight into those children with autism.

Dr Megson was her usual charming self and all parents came away from their assessment session with her armed with further insights to help their loved ones.

Dr Walsh, as always, was able to put patients at ease and provided valuable clinical training for our Australasian doctors. Also this year, two other visiting United States doctors skilled in biochemical assessment and complementary nutritional treatment techniques - Dr Mensah and Dr Bowman - were able to contribute their insights to the assessment process. In addition to very long days seeing patients, all the doctors attended lectures on Monday, Wednesday and Thursday nights given by Dr Megson, Dr. Neubrandner and Dr. Walsh. This year, doctors participating in the training were able to claim points under the RACGP Quality Assurance & Continuing Professional Development Program and all doctors who chose to do so participated in the formal elements of that Program.

### **Conference**

The Conference took place on Saturday 2<sup>nd</sup> May with approximately 200 people attending. Stallholders included a demonstration of a 'soft' hyperbaric chamber. The Conference opened

with a dedication to Marion Redstone, who had been the Outreach Organizer since 2005 and, in conjunction with Dr. Walsh, devised the format of the training program. Bio-Balance Health Association has set up the Marion Redstone Memorial Fund to accept tax-deductible donations to assist families who could not otherwise afford to participate in the Outreach patient assessment process. This, we hope, will perpetuate the memory of Marion, who worked so tirelessly to progress the cause of biomedical assessment and treatment in this country.

There were four speakers at the Conference: Dr Jim Neubrandner, Dr. Mary Megson, Dr Richard Stuckey and Dr Bill Walsh. Plenty of time was allowed for questions. Dr. Stuckey gave a very interesting account and breakdown of outcomes of this biomedical approach in his general practice since 2004 that should excite Governments trying to contain their health costs.

**A DVD of the Conference is available from  
Michael Redstone  
Music & Electron Services  
Phone: 0411 190 158.**

### **Pharmacy**

The presence of the Tugun Compounding Pharmacy at the Outreach Clinic and the Conference was a new feature this year. HRI Pharmacy informed Bio-Balance Health that, due to USA legal requirements, they would no longer be able to supply their Australian clients, so Bio-Balance set out to find a compounding pharmacy we could recommend to our doctors' patients so that there would be continuity of supply. It is extremely important in this biomedical approach to treatment that vitamins and minerals to be compounded are of the highest quality so, before we recommended anyone, we had 16 samples of the Tugun Pharmacy's product tested and all reached a high standard.

Tugun Pharmacy will donate a percentage of their proceeds from all scripts dispensed to the Marion Redstone Memorial Fund.

We greatly appreciate the help we received from a variety of people, including: those who provided Conference lunches and those who recorded the Conference speakers; the staff at Rydges Hotel; and those who passed the word on to friends and neighbours about the Outreach.

We now have 50 Australian doctors trained and offering assessment and treatment based on the training they have received.

This innovative project is expanding rapidly and we shall be presenting another Outreach Clinic and Conference in May 2010.

**Judy Nicol**

# Dr James Neubrandner

## Autism: the treatable untreatable disorder

Dr Neubrandner is an innovator in the area of biomedical treatments for autism and neuro-developmental disorders and the originator of the Methyl B12 treatment that has been copied around the world. He has also been in the forefront in the application of hyperbaric oxygen treatment (HBOT) to these disorders.

In his lecture, illustrated with Power-Point slides, he indicated that -- whilst it cannot be known in advance how far each individual child can be taken -- his experience is that, with appropriate treatment, some improvement can be achieved over time in more than 90% of cases and that in many cases the improvement can be significant, including up to full recovery – not only in early childhood but also up to late adolescence and early adulthood. He emphasized, however, that the earlier biomedical treatments are started, the more likely is the possibility of full recovery.

He stated that there is as yet no roadmap for autism and that there is still more we don't know about this disorder than we do know. More and more clues are being gathered, however, with parents, scientists and clinicians working together to find effective treatments.

Although there are no specific tests for autism, there are six major biological mechanisms with evolving bio-markers that provide strong clues, so that autism can be treated effectively as a biomedical, not a psychiatric, disorder. These are:

- Oxidative stress
- Methylation & transsulfuration
- Toxins & heavy metals
- Immune system dysregulation
- Gastrointestinal inflammation
- Mitochondrial dysfunction

Biomedical treatments break the gridlock. They work with but do not replace other treatments eg educational. They work to:

- Remove or reduce dietary stress
- Remove or reduce environmental stress
- Remove or reduce inflammation
- Improve nutritional support
- Improve damaged biochemistry
- Improve immune function
- Improve detoxification

If you do those things, you are treating a medical disorder.

His talk provided a comprehensive survey of the wide range of biomedical treatments currently in clinical use for autism that have been found to help some patients and an estimate of the relative cost-effectiveness of each technique.

He has found that some treatments work most of the time (with between 50% and 90% of patients) if used strictly in accordance with protocols, e.g.:

- Methyl B12 (subcutaneously in buttocks)
- Hyperbaric oxygen (HBOT)
- Chelation
- Diets
- Supplements
- IV therapies

Treatments that work much of the time (25 – 50% of patients) include, e.g.:

- Antivirals
- Modified genomics
- IVIG
- Glutathione (non-IV)
- Allergy treatment
- Melatonin
- Epsom Salts baths

A wide range of treatments have been found to work some of the time (5-25% of patients), e.g.:

- Secretin
- GABA
- L-theanine
- DMAE
- DMG
- Creatine
- Zeolite

and many others (see DVD)

Some treatments are relatively inexpensive, e.g., Epsom Salts baths, Methyl B12; and some are relatively expensive, e.g., HBOT, colonoscopy, IVIG. Treatment of each patient therefore needs to be tailored to the likely global benefits of each treatment for the individual child and to the family's financial resources.

He pointed out that, just because a treatment works less frequently, this is no reason to disregard it because in some cases it may prove to have significant effect. The intensity of response to any treatment, when it occurs, can also vary widely from patient to patient. "We must look at each child as an individual and find that child's individuality." Also, the intensity of initial responses doesn't necessarily bear any relationship to the response to continued treatment so it is important to persist until the treatment(s) that best suit the individual child are identified and exploited. It is the clinician's responsibility to teach parents what to expect so they will stay the course with important therapies even though responses may be less than they had hoped.

His take-home message:

- *Follow treatment protocols strictly*
- *Know what you're doing*
- *If you find something that works, keep it going -- "stay in school". \**

# Dr Mary Megson

## Developmental issues in Autism

Dr Megson's talk addressed the long-term medical and educational needs of children growing up with autism. What are the roadblocks ahead and what can parents do to avoid or overcome them?

"Children with autism are vulnerable, fragile and like a cog railway train – three steps forward, one step back on the road to recovery." Her talk was designed to provide parents with an understanding of some of the main problems at each major stage of development so they can work with their doctors in addressing them.

The issues that arise at each developmental stage – preschool, kindergarten, elementary school, middle school, high school, college, career and later years - are complex and are covered in such detail in Dr Megson's talk that it is not possible to do justice to them in the space available here. This article is confined to providing a brief survey of some of the issues addressed by Dr Megson. *[It is strongly recommended that anyone interested in developmental issues in autism spectrum disorders purchase the DVD – see Box]*

Following are notes on some of the main issues affecting development of autism patients in earlier years addressed by Dr Megson:

### Pre-school years

- Controlling oxidative stress
- Preventing oxidative stress
- Avoiding antibiotic exposure
- Organisms of the intestinal tract – yeast, clostridia
- Diagnosis and treatment of chronic virus - e.g., Epstein-Barr, herpes
- Monitoring and treating spikes in inflammation – food allergies and sensitivities, measles, bacteria, parasites, etc.
- Vaccines
- Repairing barriers – gut wall, blood-brain barrier

### Kindergarten

- Non-verbal children should have 1 on 1 teaching in a low sensory environment
- Once verbal, mainstream as possible with pullout for therapies
- Positive behavioural support program
- Appropriate placement prior to medications
- Support immune system
- Teach conversation with peers - 'lunch bunch'
- Provide safe place for sensory breaks

### Emerging behavioural profiles:

- Hyperactivity, inattention
  - OCD – PANDAS syndrome
  - Aggression – may reflect not having words to interact with peers
  - The shy child – work on pragmatic deficits
- Aim is to understand what is causing behaviour.

### ADHD in autism spectrum disorders:

- Primary hyperactive or primary inattentive
- Visual hyperfocus
- Auditory filter problem
- Internal distractibility
- Need to look away to listen
- Natural treatments: L-theanine, GABA, B12 & oxytocin nasal sprays, Zn, HBOT
- Medications for ASD ADHD

### Sensory issues:

- Diagnosis: yeast, clostridia proteins block sensory modulation – treat cause
- Treatment: Sensory Integration Therapy – quiet place to decompress and eat lunch – daily recess, responds to sunlight - auditory trainer

### Aggressive behaviour:

- Is behaviour aggressive or defensive?
- Teaching moment: "Use your words"
- Rule out bullies
- From social anxiety?
- Treatment: Positive behavioural support – rule out high testosterone, illness, etc. – target symptom (anxiety, OCD, etc) prior to medication use – use medication as 'bridge' to achieve success, constantly reassess need.

### Elementary school

#### Language learning disabilities:

- Hyperlexia: reads above comprehension
- Dyslexia: auditory processing delays, syllables overlap – rod problems
- ADHD reading: mind elsewhere, content loss, especially in noisy room
- Language re-emergence issues
- Semantic pragmatic language disorder

#### Social skills training:

- Lunch bunch; social stories
- Single-person sports – karate, golf, tennis
- Music (band) Scouts
- RDI (Relationship Development Intervention)

#### Maths learning disabilities:

- Basic arithmetic skills – use flash cards before bedtime
- Use visual examples, e.g., abacus, touchpoint

#### Behaviours:

- Cognitive inattention - ? biomedical, need to treat
- Auditory processing delays – auditory trainer – sit in front of class
- OCD, high anxiety – PANDAS? – sensory? – need sensory breaks?

#### Medication:

- Less is better – start low, go slow – effects > side-effects
- Doesn't correct wrong placement or inadequate IEP

For full details of Dr Megson's presentation on the above issues and on developmental issues in middle school, high school, adult and later years, see DVD. \*

**Conference DVD obtainable from  
Michael Redstone  
Music & Electron Services  
0411 190 158**

# Dr William Walsh

## The Biochemistry Revolution: Nutrient Therapy for the Brain

In his wide-ranging address, Dr Walsh outlined his findings from more than a quarter-century of research into the biochemistry and treatment of mental, behavioural and autistic disorders with a cumulative database of more than 10,000 cases of behavior disorders and ADHD, over 6,600 autism spectrum disorders, over 3,500 schizophrenia and bipolar disorder and over 3,200 depression.

### Biochemical imbalances

His research has identified a number of high-incidence biochemical imbalances in these disorders – in particular:

- Zinc deficiency
- Copper overload
- Undermethylation
- Folate deficiency
- Pyrrole disorder
- Toxic metal overload
- Oxidative stress

It is significant that each of these imbalances is involved in synthesis of neurotransmitters (NTs).

The brain is, in fact, a chemical factory where serotonin, dopamine and other NTs are synthesized. The only raw materials for NT synthesis are nutrients: vitamins, minerals and amino acids, and a genetic imbalance in a NT precursor can result in serious brain chemistry problems. Dr Walsh provided a number of specific examples of the effects of such imbalances in producing mental and behavioural disorders – e.g., elevated Cu/Zn ratios are associated with violent behaviour, anxiety attacks, autism, post-partum depression and schizophrenia; and about 70% of mentally-ill persons exhibit a methylation disorder. He pointed out that humans are genetically diverse and, because of genetics, most people are deficient in some nutrients and overloaded in others. A genetic nutrient deficiency may require many times the RDA to achieve normalization, while genetic overloads may require specific biochemical therapy to eliminate the nutrient excess.

### Individualized Nutrient Therapy

The assessment and treatment process involves:

- Detailed medical history and review of symptoms
- Extensive biochemical testing
- Diagnosis of biochemical imbalances
- Nutrient therapy aimed at normalizing blood and brain levels of key nutrients

Populations with positive outcomes following biochemical therapy include:

- Behaviour disorders
- ADHD
- Autism
- Depression
- Bipolar disorder
- Schizophrenia
- Alzheimer's Disorder

**Behaviour Disorders:** Dr Walsh outlined the biochemical imbalances found to characterize the major behaviour disorder phenotypes and described a published outcome study of treatment of 207 behaviour-disordered children and adults which found that 91% of treatment-compliant subjects were either symptom-free or showed significant improvement following treatment.

**Depression:** Biochemical studies have identified five depression phenotypes:

- Undermethylation
- Low folate
- Pyrrole disorder
- Copper overload
- Toxic metal overload

The nutrient treatment protocols appropriate for each phenotype were outlined.

**Schizophrenia:** The biochemical subtypes of schizophrenia as identified in research by Dr Carl Pfeiffer and refined in Dr Walsh's subsequent research are:

- Overmethylated schizophrenia (45%)
- Undermethylated schizophrenia (18%)
- Pyroluric schizophrenia (27%)
- Wheat gluten intolerance (4%)
- Other (6%)

The biochemistry and typical symptom and trait patterns of each of these subtypes were outlined and the important role of oxidative stress in schizophrenia was discussed. Dr Walsh reported that clear improvement has been found in some 85% of patients who follow the prescribed nutrient therapy, progress is usually gradual over a 6–12 month period and there have been hundreds of cases of complete recovery.

**Autism:** Dr Walsh reported that a high incidence of biochemical abnormalities has been found in the Autism population his group has treated. Most common amongst these are:

- Elevated serum copper
- Elevated toxic metals
- Depressed zinc
- Undermethylation
- Pyrrole disorder

Each of these imbalances is associated with oxidative stress. The distinctive features of autism were outlined and an update was given on recent autism research and the primary treatment challenges and barriers to progress in autism

spectrum disorders. He pointed out that brain inflammation is a distinctive feature of autism and that many current therapies merely reduce inflammation but provide little improvement in brain maturation. He outlined a strategy for enhanced cognition, speech and socialization and pointed to the critical need for a new therapy that can result in development of new brain cell dendrites, receptors and synapses.

**Alzheimer's Disease:** Dr Walsh outlined the main features of AD, which he characterized as a metal metabolism disorder with elevated toxic metal free radicals in the brain and low levels of metallothionein (MT) proteins which protect the brain from metal free radicals. He described the MT-Promotion Therapy aimed at overcoming brain oxidative stress and inflammation and at repair of the blood/brain barrier and reported the early clinical results of this therapy, which appears very promising.

***Dr Walsh's presentation is available in the Conference DVD***

[For ordering details see box on Page 4]

\*\*\*\*\*

## **Dr Richard Stuckey Targeted Nutritional Treatment of Mental Illness**

Dr Stuckey is a general practitioner at Coolangatta on the Queensland Gold Coast. He was selected by Bio-Balance Health Association as the first Australian medical practitioner to be trained in the techniques of biochemical clinical assessment and complementary nutritional treatment initiated by the late Dr Carl Pfeiffer and further developed by Dr William Walsh. Dr Walsh initially came to Australia in March 2004 to train Dr Stuckey, and Dr Stuckey has attended the Sydney Outreach Training every year since then.

His presentation detailed the impact that the introduction of a targeted nutritional treatment program for the management of mental, behavioural and autistic disorders has had on a standard medical practice.

He began by outlining some key biochemical processes, which Dr Pfeiffer and Dr Walsh's research have identified as crucial to the understanding and treatment of a range of mental and behavioural disorders. They found that most people presenting with such disorders are zinc deplete and that most have abnormal functioning of the methylation pathway - an important biochemical process where methionine is converted to homocystine. The methyl groups thus generated are crucial to many neurotransmitter pathways. Another metabolic anomaly in some is high urinary excretion of pyrrole

metabolites that in turn causes high zinc excretion.

Specific blood and urine tests indicative of these biochemical processes enable three distinct groups of biochemical imbalance to be identified - called ***under-methylation, over-methylation and pyrroluria***. Each of these biochemical groups typically exhibits a distinct pattern of symptoms and behavioural traits that can be identified by taking a thorough medical and life history. This can assist in identifying the nature of the biochemical imbalance, which can then be treated via high dose, targeted nutritional supplementation. The supplementary protocol is very different for the three clinical groups. Prescription medication is maintained unless there is clear improvement following the addition of the nutritional supplements.

Dr Stuckey's presentation outlined in plain language terms for each of the three biochemical imbalance groups (under methylation, over-methylation and pyrroluria) the clinical characteristics, biochemistry patterns and responses to medications typical of each of these imbalance patterns; the supplements used in treatment and the time in weeks/months that experience has shown improvement is likely to emerge for each imbalance group.

He then presented a number of summaries of cases of mental, behavioural and autistic disorders representative of the patients he has treated at his clinic and an analysis of the twelve-month outcomes of the 567 patients he has treated to date.

The analysis of outcomes for those patients who complied with prescribed treatment over the 12-month period indicated that 58% showed major improvement, 24% showed partial improvement and 18% showed no improvement.

PowerPoint slides from Dr Stuckey's presentation, including case summaries and statistical analysis of outcomes, are available at:

<http://www.biobalance.org.au/downloads/targeted-nutritional-treatment-of-mental-illness.pdf>

***Dr Stuckey's presentation is included in the Conference DVD***

[See box on Page 4]

### **MARION REDSTONE MEMORIAL FUND**

**If you would like to provide financial assistance to enable a child or adult patient who would not otherwise be able to afford to attend a Walsh Research Institute Sydney Outreach Clinic consultation, please send your tax-deductible donation to Bio-Balance Health Association marked "Marion Redstone Memorial Fund"**

# Dr Abram Hoffer MD PhD 1917 – 2009

## In memory of Dr Abram Hoffer – the first orthomolecular psychiatrist

[From *Food for the Brain Newsletter*]

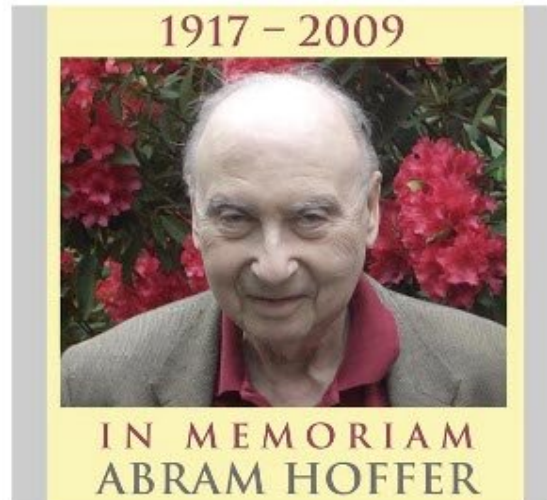
Dr Abram Hoffer, the last of the great pioneers of nutritional medicine, died last May after a brief illness.

He was born in 1917 on a farm in Saskatchewan, Canada, and attended a one-room schoolhouse, arriving on horseback, eventually graduating from the University of Saskatchewan (BSA, MSA), the University of Minnesota (PhD) and the University of Toronto (MD). He specialized in psychiatry and was, for many years, director of psychiatric research for the Saskatchewan Department of Public Health and associate professor of medicine at the University of Saskatchewan, Saskatoon.

He carried out groundbreaking research in several areas, ultimately authoring more than 500 peer-reviewed and popular articles and more than 30 academic monographs and popular books. He challenged the then-dominant view of schizophrenia as a psychological disorder caused by poor mothering, and contributed importantly to the formation of the field of neuropsychopharmacology. He co-authored research on the genetics of schizophrenia with the renowned geneticist, Ernst Mayer. He co-discovered the first effective cholesterol-lowering agent, the B vitamin niacin. He developed a controversial treatment for acute schizophrenia based on the principles of respect, shelter, sound nutrition, appropriate medication and the administration of large doses of certain vitamins, in the process carrying out among the first ever double-blind controlled clinical trials in the history of psychiatry. He advanced a plausible biochemical hypothesis to explain the cause of schizophrenia and how niacin and vitamin C could eliminate its symptoms and prevent relapses. He founded the International Schizophrenia Foundation.

His colleague and friend, the American chemist and twice Nobel prize winner Dr Linus Pauling, championed the biochemical model for treating schizophrenia that was developed by Abram Hoffer in Saskatchewan and provided a conceptual underpinning for the notion that large doses of certain naturally occurring substances can favourably alter disordered brain biochemistry, coining the term "orthomolecular psychiatry."

Abram moved to Victoria, British Columbia in 1976 where he practiced psychiatry for many years, helping thousands of people with schizophrenia and other mental health problems.



I met him in Vancouver in the early 1980's. He told me he had an 85% success rate, by which he meant "free of symptoms, able to socialise with family and friends, and paying income tax."

I became his student and came to respect his dedication to helping people, his sharp mind, and kind nature. He would often ask his new patients with schizophrenia "What are you going to do when you get better?" and do everything he could to help them get well. I met many whose lives had been literally saved.

I invited him to the UK for an Institute for Optimal Nutrition conference in the 90's. In 2006 we made a filmed lecture, and a live link up for questions and answers with him at the first Food for the Brain conference. This lecture is still available on DVD. He was an active member of Food for the Brain's Scientific Advisory Board and maintained his enthusiasm and intellectual acuity right up to the end.

Together with Dr Roger Williams (who developed the genotrophic theory of disease that nutrients influence genes, discovered pantothenic acid (B5) and folic acid) and Dr Linus Pauling (who helped shape the concept of orthomolecular medicine and the need for larger intakes of nutrients such as vitamin C to restore health), Dr Abram Hoffer will be remembered for his pivotal role in starting a revolution in medical and nutritional thinking. We stand on the shoulders of these giants, all of whom lived into their nineties and never retired.

**Patrick Holford**

### Orthomolecular Medicine

For information about orthomolecular medicine, including excellent basic information about a wide range of nutrients and free access to all articles published in *Journal of Orthomolecular Medicine* (founded by Dr Hoffer) from 1967 to 2006, see:

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

## PATIENT TESTIMONIALS

"My son was first diagnosed with Schizophrenia in 2001. For several years he took the regular medication prescribed for Schizophrenia with varying degrees of success but never being "quite" right.

"One day in early 2006, I was speaking to a friend about my concerns about my son and she told me about the wonderful work that the Bio-Balance Health Association is involved in.

"She gave me a contact number and I contacted Margaret who was most helpful. Margaret then gave me contact numbers for Marion Redstone in Sydney. Marion was fantastic with her support and knowledge and as a result I organised to take my son down to Sydney to see Dr. William Walsh.

"Dr. Walsh started my son on the Nutrient Therapy pioneered by the late Dr. Carl Pfeiffer in conjunction with the research he himself has done. My son was very compliant with his nutritional therapy, at the same time taking his regular medication for schizophrenia. We started to see small gradual improvements in his thinking and reasoning and under his doctor's supervision, he gradually decreased his medication.

"Today, two and half years after starting the nutritional therapy, he is so well that he is working regular hours at a job which involves quite a lot of responsibility. He is more outgoing and socially involved, thinks very clearly and logically, and I can see a friendlier, happier son again. He is now down to minimal doses of his schizophrenia medication and is hoping he will eventually be able to stop it altogether. He realizes he will need to stay on his nutritional therapy.

"He now sees Dr. Stuckey once a year with tests in between as Dr. Stuckey deems necessary to check his nutritional status.

"I cannot recommend Dr. Walsh, Dr. Stuckey and their teams and the Bio-Balance organisation highly enough. I thank God that I was introduced to this special organisation that has given me back the son I love so much."

**Mrs. G. - Pharmacist and Caring Mother**

\*\*\*\*\*

"I am a 49 yo female and a patient of Dr Yuwen Lee. Nine months ago she diagnosed me with pyrrole disorder and undermethylation.

"For 15 yrs my life was miserable Stress and exhaustion were my main complaints but this programme has remedied all my other health issues that I did not have the energy to worry about; high blood sugars, RSI, numerous allergies, low body temperature, low blood pressure chronic sinusitis, digestive problems and inability to concentrate. I had lost the will to live.

"This testimonial is to express my deepest gratitude to Dr Lee, Dr Bill Walsh and everyone at Bio-Balance. Thank you for giving me a life again. I would recommend Pfeiffer testing to anyone looking to truly cure any of the conditions I mentioned."

**Christine**

## PRACTITIONER TESTIMONIALS

"I have been practicing Nutritional & Environmental Medicine since 1985. This pathway has brought much excitement and passion to my practice of medicine. The opportunity to attend both the 2007 and 2008 Walsh-Pfeiffer Outreach in Sydney due to the enthusiasm of Marion Redstone has given me an even greater passion: i.e. to work with the children affected by Autism, ASD, ADHD etc.

"The enormous privilege to work alongside the amazing, courageous and intelligent parents carers of these precious and severely hurting children often overwhelms me with emotion. These children are so intelligent and yet so afflicted by distress and pain. Suggesting therapies and dietary changes in these young patients is very demanding, often even scary, but so rewarding in the majority of occasions. My desire to see these special children blossom and reach close to their full potential, grows every time I witness quantum leaps in their progress.

"The credit for these therapies rests with Dr Carl Pfeiffer, Dr Bill Walsh, Dr Lewis, Dr Woody McGinnis and Dr Mary Megson. The excellent and detailed teaching of these doctors along with their vast experiential wisdom is invaluable. The training program is enjoyable yet intensive. The great thrill for me is seeing first-hand the incredible changes in these patients from year to year.

I wholeheartedly encourage any doctors interested in learning and applying fundamental biochemical principles and therapies to help in a more constructive way those afflicted with mental health problems, to register for the next Walsh Research Institute Sydney Outreach. Likewise, any parents of children with ASD etc should seriously consider booking in for an hour consultation during the Sydney Outreach. You will not regret the investment in your child's future wellbeing.

**Dr Frank Golik**

\*\*\*\*\*

### **Some Comments on Outreach Training from Class of 2009 Doctors:**

- "I really learnt everything. I wish Bill Walsh taught people at the beginning of our training – absolute style and meticulous method."
- "Biomedical treatment – amazed how effective it is."
- "That autism can be treated successfully by biochemical rebalancing with no side effect that potentially gives life back to many troubled children."
- "More confidence in treating mental disorders."
- "Methodical, informative and repeated direct patient interaction – brilliant for learning key approaches."
- "Improved confidence in assessing and treating children's behavioural and learning problems."

\*

# MEMBERSHIP APPLICATION FORM



New membership  
Renewal

Bio-Balance Health Association Inc.  
PO Box 7795 GCMC 4217  
Phone: 07 5538 7203 Fax: 07 5538 4599  
E-mail: [biobalance@optusnet.com.au](mailto:biobalance@optusnet.com.au)  
Website: [www.biobalance.org.au](http://www.biobalance.org.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

Annual Membership Fee \$5.00 (including GST)

Last Name:.....GivenName.....(Dr/Mr/Mrs/Ms/Miss).....

Address:.....

.....PostCode.....

Phone:

(H).....(W).....Fax.....

E-mail:.....

( Newsletters will be sent by email to this address)

Membership Fee Enclosed \$.....

Donation \$.....

Total \$.....

*Gifts of \$2 or more are allowable deductions  
to donors under the provisions of Section 30-45,  
Item 4.1.1 of the ITAA 1997*